



IF YOU'RE READY TO...

Quit Smoking *Now*

Classes are FREE and open to the public. Tuesdays from 5:30pm to 6:30pm CT

2012 Class Schedule

January 3 - February 7

February 21 - March 27

April 10 - May 15

May 29 - July 3

July 17 - August 21

September 4 - October 9

October 23 - November 27

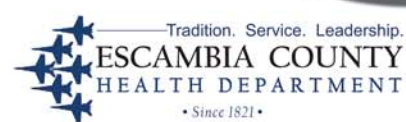
*Escambia County Health Department
1295 W. Fairfield Dr.
Pensacola, FL 32501*



- Session 6: Congratulations!!*
- Session 5: Develop a Plan for Life!*
- Session 4: Relapse Prevention*
- Session 3: Let's Quit Now!*
- Session 2: Managing Your Addiction*
- Session 1: Tobacco: Friend or Foe?*

Paving the way to success through group therapy...

*Call NOW & Reserve Your Seat
850.682.2552 or
850.595.6072*



This program sponsored by the Florida AHEC Network and the Florida Department of Health

www.EscambiaHealth.com

Public Health
Prevent. Promote. Protect.